



# Drinking Safety Tips

These are some of the things you and your friends can do to reduce your risks when drinking.



- ☐ Eat before and while you drink. This will help you reduce your risk of alcohol poisoning.
- ☐ Set your own pace. Be aware that when you're with people who tend to drink more or faster, you may follow their lead without realizing it.
- ☐ Have a soft drink, juice or water between drinks and before you stop drinking. This will also help your body stay hydrated. Dehydration is one of the reasons you get a hangover.



- ☐ Alcohol affects your body in many different ways. Don't add other legal or illegal drugs into the mix. The results are unpredictable and dangerous.
- ☐ Remember that the effects of alcohol vary depending on your state of mind and the state your body is in. Who you're with and where you are also plays a role in what happens when you drink.



- ☐ Keep track of your drinks. Finish each drink before starting another one.
- ☐ If you have people over, set ground rules before the party starts. If you want to, post them and point them out to your guests.
- ☐ If you're drinking with people you don't know or you are on a date, it's even more important to set your own limits before you start drinking. You have the right to decide how much you want to drink.



- ☐ If you want other people to respect your limits, respect theirs. If you are with someone and they aren't drinking, respect their decision.
- ☐ Do not leave your drink unattended at parties or places where you drink with other people.
- ☐ Don't accept a drink from someone you don't know well or trust.

- ☐ If you are with a friend and they are drunk, don't leave them with someone they don't know. They may protest but they will thank you when they are sober.

- ☐ Stick to the buddy system. If you go to parties, go with a group of friends or someone you trust. Look out for your friends and ask them to look out for you.

...over

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- ☒ Always be aware of your surroundings.
- ☒ Have a plan and a back-up plan for getting home safely. Always be prepared. Have a designated driver, money and a phone number for a taxi, or call your parents or a friend if you need to.
- ☒ Be aware of how much your friends are drinking and how they are getting home.



- ☒ Let people (family or a friend) know where you will be and how to contact you.
- ☒ Remember that drinking affects your judgment. When you're going out, remember that alcohol can influence the sexual choices you make. Plan ahead and think about whether you want to engage in sexual activity. Make your decision before you start to drink. If you choose to have sex, use a condom.



- ☒ If someone you are with drinks a lot and seems confused or falls asleep, they may be suffering from alcohol poisoning. Know the signs and what to do:
  - ☐ if they pass out or appear to fall asleep, pinch their skin to see if they react or wake up;
  - ☐ check for cold, clammy, unusually pale or bluish skin;
  - ☐ count breaths to see if they breathe less than 8 times in a minute (slow breathing);
  - ☐ check to see if breaths are more than 10 seconds apart (irregular breathing);
  - ☐ watch to see if they vomit without waking up;
  - ☐ watch for seizures. Binge drinking can cause a seizure, even in people who do not have epilepsy;
  - ☐ never leave them alone;
  - ☐ never put them to bed to "sleep it off";
  - ☐ put them in the recovery position so they don't choke on their own vomit.



If you see any of the above signs, call 911. If you are not sure, call anyway!

